

What is the relationship between snacking and nutrient intake? (DGAC 2010)

Conclusion

A limited body of evidence supports a positive relationship between snacking and nutrient intakes in children, adolescents, adults and older adults.

Grade: Limited

Overall strength of the available supporting evidence: Strong; Moderate; Limited; Expert Opinion Only; Grade not assignable For additional information regarding how to interpret grades [click here](#).

Evidence Summaries

What is the evidence that supports this conclusion? For more information, click on the Evidence Summary link below.

 [What is the relationship between snacking and nutrient intake?](#)

Search Plan and Results

What were the search parameters and selection criteria used to identify literature to answer this question? For more information, click on the Search Plan and Results link below.

[Snacking](#)